

QC

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Jewelry stylist wears
accessories with class
P. 4

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ART CAN HEAL

RANCH EHRLO'S AMANDA SCANDRETT
IS EMBRACING THE THERAPEUTIC
POWER OF CREATIVITY P. 5



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NEXT WEEK: What's the funniest thing your child has said
or done lately? Email QC@leaderpost.com

PARENT TO PARENT

Each week QC gathers advice from parents to share with other moms and
dads. This week we asked:

*Is a vegetarian/vegan diet unhealthy
for children? How much influence
should a vegan or vegetarian parent
have on their child's diet?*

"I was vegan for one month and vegetarian for 3.5
years. My kids eat what I made unless my husband
made dinner or if we ate out. I allowed them to
not eat what they wanted (within reason). My kids love
veggies and fruit and don't need a reason for a
snack. I encourage them to be healthy!"

—Annette Lanco

"As long as they are showing their children a healthy
diet, I don't see any-
thing wrong with it. For
those of us who are not
vegetarian, give our kids
a healthy diet, we are
doing right by them too."

—Michelle Mosler

"They should have just
as much influence in
their child's diet as
non-vegetarian/vegetarian
parents. Being vegan/
vegetarian does not make your
child a vegetarian!"

—Gordon Mosen

"As long as they know what they are doing and give
proper nutrition then who cares! My concern would
be with people who claim to be vegan, but don't
know the first thing about nutrition. This could
also be said about any parent, vegan or not!"

—Victoria A. Suganum

"I think it is more important to teach a healthy well
balanced diet to their child, vegan, vegetarian or
not. Many vegans/vegetarians can teach very
good diets as can non-vegans and vegetarians."

—Amanda Mosler

"Kids should be encouraged to try all foods — build
a healthy relationship with it. Any restriction diet is
bad for growing kids."

—Dr. Colleen van Bester

"I believe a child should have the opportunity
to decide what foods of food they want to eat
(within reason) once they are old enough to make
that decision. I don't understand that a family that
desires to eat as a particular fashion would not

want to be cooking numerous different foods and
clarify their own beliefs about how they should
eat. Until their children are mature enough to make
the choice to change the way they eat. I feel they
should eat as the more family does."

—Shelly Lambert

"Being as the kids are healthy. What a great parents
want to have any say in the TV the kids watch? And
healthy would be defined
under the criminal code
as providing the neces-
sities of life, not the
Canada food bank."

—Al, via Twitter

"Have more space, much
more variety about
the many different diets
out there as long as
each person's body gets
the required nutrients it
needs. It should be more
flexible, eating a balanced diet, breathing
with moderation." —Jody 3

"I think regardless of the parent's food choices, they
should educate their children on foods of foods. If
my teenager has health issues, I think it should
be old enough to understand the reasons why par-
ents otherwise certain foods as appropriate as just
said they can't have it. The way they can determine
if being vegan/vegetarian is a choice they would like
to make for themselves." —Alana Corbett

"We raised our daughter as a vegetarian and she
already knows that animals are friends, not food.
She still eats meat, however, when she's older
and able to make her own informed decision, we
won't stop her (she wants to eat meat)." —Dawn Hellick

"Agreeable — no vegan — yes. Growing kids need
all nutrients, need the vitamins in their diet. Colours
for proper growth. Supplements aren't a good enough
fix a parent but that's a very concern."

—Lisa Blum

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ON THE COVER P.5



The March Photo Society runs the Paper Crane "art as therapy" program to help young people with social psychological, behavioural and cognitive difficulties. go.mh30.ca/104XMDY

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MY FAVOURITE PLACE P. 13



Matthew Tolmach enters an arctic landscape and started online journalism in Regina's historic conservation area. go.mh30.ca/104XMDY

QC COVER PHOTO BY MICHAEL BELL

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FASHION

Did you buy a new outfit for a holiday party?
Send a photo to QC@leaderpost.com

REGINA STYLE

Emily Selinger: Sparkling in silver, glowing in gold

By Ashley Martin

Emily Selinger is a stylist at Hilberg & Berk, so it's no surprise she rocks more jewelry than most people do. It's a lot of bling, but she pulls it off with ease.

"If you want to wear lots of jewelry, wear lots of jewelry," she says. "I think you just have to go for it, be confident, and if you layer it, [it works]."

Selinger describes her style as eclectic because she's attracted to different things.

"I really love classic, form-fare silhouettes with clothing, but I love to have fun with colour and prints and that kind of thing. I have a weakness for leopard print and polka dots, but I also am inspired by vintage pieces, clothing that's from the past, and styles from the past."

Working in the upscale H&B showroom every day, Selinger is not one to lose into work dressed-down.

"I think fashion and style is an extension of you, who you are.... And I think it's fun to get dressed up every day and every day's kind of like a fashion show, especially here."

Selinger says working in fashion is exciting not only on a personal scope, but in the grand scheme of things.

"You think about Regina and Saskatchewan and it's not the first city or province that comes to mind when you think about fashion, but I think it's really exciting to be working in fashion in Saskatchewan because there's so much potential for it."

1. **EARRINGS:** Hilberg & Berk
2. **STATEMENT NECKLACE:** H&B. "This is actually one I put to design."
3. **RINGS:** Tacan
4. **BRACELETS:** Tacan and H&B. "Mixing your metals is really in."
5. **WATCH:** Michael Kors from Amazon
6. **SHIRT:** Code Style Lounge
7. **SHIRT:** The Dress Form. "It's vintage, so I really love it. It's super fun because I can wear it to work, but I can also wear it out. I wore it on New Year's with a sequined top."
8. **TIGHTS:** Winners
9. **SHOES:** Zoc z

QC PHOTOS BY TYON FLEECE



Emily Selinger, a stylist at Hilberg & Berk, designed the necklace she wears. QC PHOTO BY TYON FLEECE

ON THE COVER

Just the process of making art is healing.

— Felicitas Drobog

MENTAL HEALTH

Therapy can be creative



Danese Shannon is an art therapist who helps people express their emotions and heal through artwork. (C) PHOTO BY GARY STUSS

By Ashley Martin

art therapy

is a type of psychotherapy that encourages an expression of emotions through creative activities such as painting, drawing, or sculpture. psychotherapy is used as the belief that the creative process involved in the making of art is healing and life-enhancing.

An elderly lady with dementia was detached from the world. Living in a long-term care home, she was unresponsive to the people and things around her.

For months, Danese Shannon tried to break through to the woman with art materials — paint, pencil, crayons,

pastels and markers. No luck.

It was paper that proved the key for progress.

The woman had a mild interest in collage. Shannon ran with it. She printed out vintage cross-stitch patterns onto paper, thinking a representation of the traditional hand-

craft could grab the 80-something woman's attention.

It worked.

Though she previously couldn't focus for 10 minutes, over the next few months that woman learned to concentrate. She'd spend an hour colouring patterns, counting stitches, and

sharing materials with the people beside her.

"She started opening up to the people around her," said Shannon, an art therapist who works in Regina. "It was transformative."

Continued on Page 6

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She started opening up to the people around her.
It was transformative.
— Dianne Shannon



Art therapist Patricia Orsag gets creative using a dry brush as a paint brush in her Saskatoon art studio. (PHOTO BY MICHELLE REES)

Such is the power of art therapy. Take traditional therapy; it can break people out of their shells, help them through traumas and troubles that life's artistic can paint; makes it ideal for those with limited verbal skills, or for people who just don't feel like talking.

"Just the process of making art is healing," said Patricia Orsag, a Saskatoon art therapist.

Arts and Orsag has seen that many times herself.

Shannon is not an art therapist but she runs an art therapy-type program through Reach: Skills, a non-profit organization in Regina that helps young people with social and emotional problems, called Paper Crane Community Arts Centre.

"Art as therapy" as she calls it, benefits the youth she works with, many of whom have experienced abuse or have developmental difficulties.

A six-year-old girl nicknamed Reach is one of them.

The people you get to connect with, that's the bonus. The fact that I get to connect with people like that through my passion, which is art, there's not even words for it — Amanda Scandrett



Amanda Scandrett poses with numerous paintings made by the youth she works with at Paper Crane Community Arts Centre in Regina. (COURTESY OF AMANDA SCANDRETT)

Reba, who lives with her grand mother Sarah, was born to a drug addicted mother. She had a traumatic first year of life.

Reba has lived with Sarah for five years now, but that maltreatment in infancy has resulted in lasting effects.

"I believe that our brains are like computers. They store everything. There's just some files we can't access," said Sarah. "(She) has to deal with some things she doesn't even

fully understand and feelings that she can't really always cope with."

Reba has separation anxiety and an attachment disorder that makes

her try to bond with every stranger she meets. She's terrified of loud noises and has occasional meltdowns that see her wind on her or none at all.

"She's a little girl who's broken in some ways where she may never be completely fixed," said Sarah.

But when Reba started at Paper Crane last fall, the naturally artistic girl found an outlet.

As far as she's concerned, it's art class in a one hour, one-on-one session. And she looks forward to it.

Every second Thursday she walks out doors, before she's even

in the door, Sarah berms Reba announcing to everyone "Today's Paper Crane day."

"Because she's six, she can't articulate her feelings, but Amanda's helping her learn ways to express it visually put it into her artwork, which I sometimes find disturbing, because I don't like looking at angry art," said Sarah. "She doesn't realize Amanda is doing any sort of therapy with her."

"It's not a good fit for every kid," said Sarah, "but if you have a child who has any artistic dreams, fears or inclinations, a program like this can help them."

♦ ♦ ♦ ♦

Paper Crane serves approximately 100 people a week through its programs, which include visual arts, drama and yoga. Though it officially launched in October 2013, Scandrett has worked with Sarah Reba for six years, since obtaining her arts education degree from the University of Regina. She postponed her art therapy studies at the Vancouver Art Therapy Institute for an art as it resonates with the Reba.

"When I first came in I had no idea what to expect; I just knew that

is what I wanted to be doing," said Scandrett, a visual artist and musician who plays keyboards in Library Yokers.

"The people you get to connect with, that's the bonus. The fact that I get to connect with people like that through my passion, which is art, there's not even words for it."

But as much as it's about art, Scandrett's job is to create a safe space for the people she works with so they feel comfortable enough to express their selves. If they come in rattled, they usually settle down during the hour.

Continued on Page 8

Things unfold through the art therapy process for people that you can't anticipate and you see it being of such benefit for someone. It's about them tapping into their own resources and that's really exciting — Shannon

"Knowing they have complete control over what they're doing right now, of what is in front of them, by the time they leave there's usually a big release that happens they're more grounded than when they came in," said Scudret, who is pursuing her master's degree in educational psychology.

That isn't art psychotherapy, like Shannon and Debra practice. But like them, Scudret works to build strength around art as she'll re-evaluate once the session is over.

"We could get right in there into some really dirty dirty issues, but we're not going to do that because they're going to over-whelm people. That's the thing about art, it's going really slow really gradually and really gently and building space for people to be able to explore what they need to explore."

"Things unfold through the art therapy process for people that you can't anticipate and you see it being of such benefit for someone. It's about them tapping into

their own resources and that's really exciting," said Shannon. She learned about art therapy in her early 20s from a text book, but she didn't immediately pursue the profession.

In 2014, Shannon moved to Nelson, B.C. to study at the Northern Art Therapy Institute. She finished her course in 2014 and now works full-time in art therapy.

There are just a handful of art therapy programs in Regina and Saskatoon, and only seven art therapy schools in Canada. It's not just a very well-known form of treatment, something dumb happens all the time.

"I wish they were part of our health coverage because I see the benefits it goes to my little girl," she said.

"I wish it were more accessible."

There's not a lot of people who do what (Shannon) does and we live in a world that doesn't really appreciate the arts as much as it should. We give it lip service, but we don't realize what it can do to a person's soul. Here it can be healing that way."



For the past year, the March 2015 Social Justice Project Group, which helps young people through art as their "voice" program. QC PHOTO BY DON HALL

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It's not a good fit for every kid, but if you have a child who has any artistic dreams, desires or inclinations, a program like this can help them. — Sarah

◆ ◆ ◆ ◆

In Drobak's bachelor-apartment studio on Saskatchewan's College Drive, indifferent to the army of pipe cleaners, bottle caps, clay and plethora of other supplies, one boy insisted on peering his arms red every session.

It made sense for this child, who was shuffled between foster homes.

"I look scary when I do that," he said. When he stopped, Drobak knew he'd found stability at home. Then he started again a while later.

Despite that serious insight, Drobak says children's art therapy sessions are usually more like an art class.

She commends their artwork to help increase their self-confidence but with adults, there is no emphasis. "It's about the process, not the product."

"We are born creative and somehow it's taught out of us over time."

That's what happened to Drobak, who rediscovered art as an adult.

Growing up in Germany — her family immigrated to Edmonton when she was 14 — her teacher was less than encouraging. She gave up making art.

But as the mid-1980s she gained confidence through nature photography, sculpture, sewing and sculpture.

When she moved to Saskatoon in 2008 to join the Roman Catholic Diocese of Regina, she found artwork helped her with the inner work she did to become a sister. The year 2008 marked two big events: She took her final vows, and also moved to Nelson to take a two-year art therapy course.

Luke Shumman, she'd learned of the profession in a book.

"Something inside me went 'No! That's what I want to do!'" It took me a long time to get there, but I felt like coming home when I got there. My first day at class in Nelson, B.C., was like, 'Wow this is it!'"

◆ ◆ ◆ ◆

Doesn't easily mesh with youth. She's hosted volunteer parties, school field trips and upstate parties. Even these fun times are constructive because creating artwork enriches people and houses who's inside them, she says.

Shumman, who is contracted by Paper Crane to lead classes with Reach (youth and Cores Learning Centre, has also worked with people whose issues range from anger management to cancer and education.

"Through the art making, past issues can rise up past your defenses and into the art. And that's where these insights come in," said Shumman.

But making past the concrete isn't always easy. Then that interpretation is relative.

"Daily you know what it means. There are universal interpretations that often fit, but it might not fit you," said Drobak. "It speaks to what is happening in our life."

Sometimes privately.

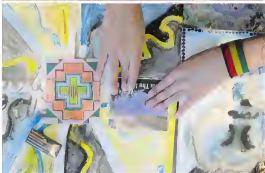
Drobak asked a woman to paint herself as a landscape. She painted a lake surrounded by sheep, an alpine mountain. She was in a boat in the centre of the lake.

Drobak asked her what her painting was missing. The boat didn't have a bottom. It occurred to the woman, whose husband had recently died, "The bottom fell out of my life."

"Everything that we're doing and making represents something in our life," said Shumman. "It's sometimes the way how people are helped by art therapy. The insights they gather from the work that they do."

"It is so powerful for them and very inspiring for me to see how people are helped by the process."

"You've learned that saying, a picture's worth 1,000 words," said Drobak. "You can keep your picture and maybe you don't see what you need to see today but you might look at it next month and say 'Oh my God why didn't I see that before?' When you've done a talk therapy session it's like you're talking about it but with an art therapy session it's like you're living it."



Art classes at Paper Crane help troubled youth cope in homes with their resources. (Left photo by Brian Stolt)

INVENTORY

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#HARRY'S HI-FI

When Harry's Hi-Fi opened 36 years ago, record players were all the rage. As cassette, CD players and digital technology entered the fray, husband-and-wife store owner Harry and Pat got serious. They acknowledged different technology over the years but have seen an increase in turntable sales in the past decade as the vintage technology has made a comeback.

A properly set-up turntable sounds better than anything, and you can't fill an iTunes selection of music. Pat lists two good reasons for sticking with a classic. At Harry's Hi-Fi, the staff tries to educate customers on good sound and make a point of not selling "crap" — "we wouldn't sleep at night," says Pat.

Harry's Hi-Fi is open Tuesday through Saturday at 1437 Bess St. Find them at harryhi-fi.com.

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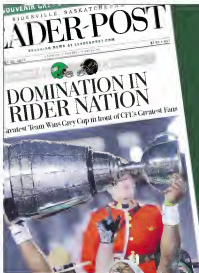
IN THE CITY

W JANUARY 25, 2014 — 6:02 P.M.

The good old hockey game



These boys took a break from the action to pose for a photo during a WHL game (featuring the Regina Pats and Red Deer Rebels) at the Sutherland Centre. The kids don't have much time to cheer for as the Pats lost 4-0. Go photo by MICHAEL BELL.



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MY FAVOURITE PLACE

A place to enjoy nature in its pristine state



Matthew Tokuck, park naturalist for the Wascana Centre Authority, kneels in a 30-metre circular area of undisturbed prairie land in the Ashby conservation area in Regina. QC photo by Steve Russell.

By Terrence McEachern

roundings in the morning:

As Regina continues to grow and modernize, adding to its steel and glass skyline, Matthew Tokuck finds solace in one of the places with in the city that has remained untouched for centuries. For Tokuck, a park naturalist with the Wascana Centre Authority that place is a 30-metre circular patch of prairie land within the 30-acre habitat conservation area. Located a few hundred metres from Wascana Lake, the area is accessible by walking 300 metres on a trail south of the small parking lot near the bend on McDonald Street and Assiniboine Avenue East. The spot is marked by a few wooden stakes but is distinguishable from its sur-

Q: Why is this place special?

A: It's one of the few places inside Regina that has unbroken land, sits on a relatively natural stone. Little anything, it has changed over time, so there are a few non-natives that have moved in, but it's pretty much unbroken ground.

Q: Why do you like spending time there?

A: It is a pretty cool place to sit down and just relax for a bit and think about what the prairie used to be like. And, there is always different things to see. You could see a fox walking through in the morning, lots of different

songbirds throughout the year. Many different birds nest in there. I'd found a water shrew in there a couple of years ago which is pretty cool.

Q: How did you find out about this spot?

A: It would have been through work. Actually I didn't grow up in Regina so I didn't spend much time here until I came to school (University of Regina). HAAST.

Q: What type of grass and vegetation is there compared to surrounding areas?

A: Western wheatgrass, green needle grass (and) Canada wild rye — these are the main ones that are there for native (grass). And

then various wild flower species — goose-neck flower and goldenrod. A lot of the rest of the habitat area is non-native, green grass — crabgrass. We brought it here so it's not quite as original.

Q: Do you have anyone else in that spot?

A: With Wascana Centre Authority as part of my job, I'll take chairmans there. I also run a junior naturalists program where kids come in every couple of weeks and we'll do activities there and explain. And I take them to that same spot and get the kids to sit down and get them to tell me what they see and smell and feel. That's different for them on that native piece of ground versus their lawn.



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*Based on average home use in Saskatchewan. Fuel rates as of September 1, 2013: Natural Gas \$0.2228 per m³, Electric \$0.1113 per kWh, Propane \$0.4720 per litre.

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GARDENING

KITCHEN PANTRY GARDENING

How to grow tropical fruit inside your home

By Erl Svendsen

Have you ever wondered what the plants look like that produce your favourite tropical fruits? These days Google provides easy answers, but a more satisfying path is to grow it yourself. More than that, it can be a teachable moment with your children.

Here's what you'll need:

- 13 cm diameter pot
- Peat-based potting mix (not garden soil)
- Clear plastic wrap or clear plastic bag
- Rubber band
- Warm, bright location
- One or more of the following: durian, banana, cashew nut, pineapple mango, papaya, citrus

First, fill your container with potting mix. Water it well and allow it to drain completely. If the potting mix is dry and fluffy use hot water to moisten.

Next, prepare your planting material. Each fruit needs to be prepared differently for planting, see below. Once you've finished planting, cover the container with the clear plastic and secure with the rubber band around the rim.

Normally, additional water is not required until you see signs of growth. This may take several weeks depending on the species. Once growth starts, remove the plastic cover or the root sprouts will be sufficient to dry out the soil. Make sure that the media does not dry out. Most tropical plants need water.

Keep the seedlings in bright light but out of direct sunlight until better established. Then slowly acclimate them to full sun, keeping in mind that the media will dry out faster the warmer it is.

Keep the first four to six months, use an all purpose or general water soluble fertilizer (e.g. 30-30-30 + calcium) at half strength every two weeks. After this time, follow the label instructions. As the plant grows, gradually increase its pot size.



A container where you don't digrow a variety of tropical fruits in your home. The pineapple plant is ready for planting. PHOTO COURTESY OF ERIN SVENDSEN

Plant preparation

Durian: Remove the pink lilying area to not damage the thin, brown outer skin of the pit. Cover the pit with 3 to 5 cm soil. The first growth will be a pair of grass-like sprouts.

Pineapple: Parity grow the top leafy portion (this is what you'll be planting) and twist to remove from the main body. Remove a few of the small lower leaves to expose 3 to 5 cm of the stalk. Stick the base of the stalk about 5 cm into the moist media. Use a clear plastic bag to

place of the plastic wrap. Remove the bag when you see signs of new top growth. Give the pineapple plant a guide tag to test for the presence of roots. If the plant lifts out, cover again for a week or two.

Mango: Cut away the flesh to expose a large, flat seed pod. Allow the pod to dry for a day or two and then carefully split it open and remove the large bean like seed. Alternatively, take a sharp knife to the pod and simply cut a small opening on the edge to allow moisture to enter.

Insert the seed into the media, just covering it. A shoot with a couple of long spear-shaped leaves (Anacardium) should emerge after a few weeks.

Papaya: Split the fruit in half, top to bottom, to reveal hundreds of round black seeds. Plant several in a pot, no deeper than a few centimetres. Seedlings will be small at first, with a couple of small round pale green first leaves. True leaves appear next. These will have five main lobes like a maple leaf. At this point, carefully lift out the seedlings

looking over to maintain root distance, and plant in separate pots.

Citrus: Remove pits from the segments. Plant about 5 cm deep. Seedlings will be small with a pair of small, shiny green, lanceolate leaves. As the plant grows, new leaves will be smaller in the first open but larger, reaching 7 to 10 cm depending on the species.

This column is provided courtesy of the Saskatchewan Provincial Society (www.saskprovincialsociety.com)

MUSIC

Know of a band we should feature in QC? Tweet us at @QCRagline.

REGINA ROCK BAND

Duo Spoils has a big sound

By Ashley Martin

When Ross Perrell Racette describes Spoils' sound as "aggressive," her bandmate Darin Gurnsey is quick to interject:

"It's loud but it's not aggressive."

"It's heavier but not aggressive stuff," says Gurnsey. "It's dance; it's asking you can kind of do more than just stand there and watch and listen to it."

"I think our most flattering compliment we ever got was 'It sounds like Death From Above 1979 made a baby with the Yeah Yeah Yeahs,'" adds Perrell Racette.

Their style reflects songwriter Perrell Racette's diverse taste in music.

"I use the word as a good pop song," she says.

"My random shuffle is a pretty interesting mix of Soul & Ostin to Idiot to Prince to Madonna to The D.O.A. (Miley Cyrus)—that's a good mix."

Spoils formed in August 2012, when Perrell Racette met drummer Gurnsey and asked him if he'd like to join some time. They booked their first show a month later.

Since there are only two of them, they've learned to play with dynamics to create a versatile sound.

"We definitely have gotten good at getting really loud," says Perrell Racette. "I play out of two rigs, so so far equipment-wise we have equipment for a three-piece almost."

Their first album is on the horizon. They're headed to Seattle in mid-February to record with Matt Bayles.

Though Gurnsey doesn't see the Jan. 2014 10 days in Washington as much of a vacation, Perrell Racette has another view.

"For me this actually feels wonderful," she says. "If there's something I can do on my spare time, I'd totally make a record."

They decided to make the trek to Seattle because they figured, "If we're going to put something out, go all out," says Gurnsey.

"I know I'll be able to learn a lot



Darin Gurnsey and Perrell Racette are Spoils. (Photo by Ashley Martin)

from [play]ing," adds Perrell Racette. "And the records that he's done for other bands — his sound is awesome."

Bayles has recorded and produced a ton of other indie bands, including Moxie the Band, of which he was a founding member. Spoils hopes having his name behind them will make up for their anticipated lack of touring.

Perrell Racette has been there done that with Gyvres, a now-defunct band with which she toured North America and recorded three albums. Gurnsey has played in countless bands since high school.

"He's done the extensive touring thing before," says Gurnsey.

"And at racks," adds Perrell Racette.

With full-time jobs and their other bands, "We're not going to have a lot of time to tour next year," says Gurnsey.

"I don't know if it's possible to have a balance between a routine where it's stability and also doing music. It'll be interesting to see whether we can swing that," says Perrell Racette.

At any rate, recording will be memorable.

"Remember, a record in Seattle is an experience, or playing in Seattle or whatever; those are all solid experiences that you take with you and that you remember."

Spoils takes the stage on Jan. 31 at The Exchange, with The Flunkin', White Women and Bernadette Love.

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

LISA LAMBERT

Cookbook features mom's home cooking

I have fond memories of helping my mom, Marilyn Wildhack, in the kitchen as I was growing up. She was a busy mother of seven children, yet she put up with me helping her baking program.

I thank my attraction to recipes started early in my life. I remember one summer when I was paid only six for my teenage years. I remember all my mom's recipes. I was particular in my mom's habits, but it was still a leap of faith for my mom to propose the idea.

I marvel at how graciously she accepted her role of cooking for a large family day after day with rarely a break. It is not easy to come up with creative and varied meals to please a large group on a limited budget. I remember her saying that it was a

constant challenge to figure out what to make for supper. Lucky for us she loved to bake and did it almost daily. The Christmas baking season gave her so much pleasure. Whipped up in recollections of comfort and love, she passed on that penchant for baking to me. Even at her advanced age, she still prepares baking at Christmas and cooks-bakes her share to potluck dinners.

When I self-published my cookbook, *Recipes I Stole From My Mom*, I hoped to honour my mom's commitment to her family and her time spent in the kitchen. She fulfilled both with patience and good humour. She was influenced in her cooking style by my grandmothers, women who are migrated from Europe and faced the harshness of life in the Prairie. I



wanted to share some of the recipes in my collection that are simple and practical, with readily available ingredients, food that is often found on a potluck table.

Along with the comfort food recipes each recipe page features one of my favourite inspirational quotes. The divider pages are adorned with

my husband's abstract acrylic art. The cookbook cover is inspired by the tile cutting and tile flooring of my own kitchen.

I am not a chef or professionally trained cook. My background includes 30 years in the media, an elected trustee with Greater Sudbury Catholic Schools, and an extensive volunteer history. I like reading cookbooks, collecting recipes, and entertaining family and friends with tasty food.

My book is available at McNally Robinson, Indigo, Western Development Museum, the University of Saskatchewan Bookstore, and Coles (Dillards Place) in Saskatoon, as well as Chapters and BookWorlds in Regina. It is available online at <http://recipesastolefrommymom.com>.



Lisa Lambert

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LEGACY

RUTH DAFOE

Life dedicated to pioneering changes in social work

By Rikkeal Bohmann

It's fitting that Ruth Daele was born on Dec. 30, which is International Human Rights Day, says her niece Catherine McGowan.

"She was generous to a fault," so willing to give and give and give," she said of her aunt, who was born in Yorkton in 1929.

Daele passed away on Jan. 4 at the Pasqua Hospital, after battling terminal cancer.

Daele became a pioneer in social work and developed a long and impressive resume in the field. Daele, who believed in a life of learning reached that from her mother, a teacher in a one-room schoolhouse.

Daele's career changed frequently after she received her BA in medical sciences in 1955. She worked as a psychiatric aide during summers in Weyburn, then as a lab technician while she finished her psychiatric nursing diploma. Unfortunately, the psychiatric staff struck lockouts while Daele was working at the cancer clinic in North Battleford.

"It was pretty unusual for a woman to be in sciences then," said McGowan.

Through her work at various hospitals, Daele saw a need for social workers to work with patients and then started a new venture.

"The world that she lived through looked a lot different than the world that she started in. She was involved in a lot of the revolutions and those types of things that happened in the field," said Jeff James, co-director for the Saskatchewan Mental Health Coalition (SMHC).

McGowan said her aunt was extremely stable and businesslike. It was that attitude that led Daele to pioneer a program in Yorkton that was the first of its kind in North America.

"It was quite a revolutionary program, a social worker working in tandem with a physician. They went out and did home visits and went out into the community," said James. Daele once estimated she had about 3,000 people in her care load. She was constantly driving, James said, putting over 180,000 km on her car in a year.

"She's a real mother to me," said McGowan, who got to live with her aunt as she started up her own career in social work, while Daele

was ending hers.

In 1998, Daele moved into medical social work, becoming a consultant for Saskatchewan Health for over 30 years. In 1995, she went back to school to start a degree in health care planning and epidemiology. The remainder of her career was split among many different areas in government, such as working for seniors' rights and recruiting social workers for hospitals, until she retired in 1997.

"After she retired, she probably got lazier," McGowan laughed.

It was an retirement that James met Daele at a meeting for the SMHC. At the time, Daele was 69 years old.

"She was probably the oldest one in the room," said James with a chuckle.

James began interviewing her for the coalition to learn more about her work, meeting with her a couple times a week. After the project was done, he continued visiting her once a week as their professional relationship turned into friendship.

Daele spent her retirement advocating for people with disabilities and mental health issues. She did extensive volunteer work for many agencies, such as the Saskatchewan Society of Seniors.

An avid Saskatchewan Roughriders fan, Daele held season tickets for over 30 years. A member for decades, she liked to keep statistics of the team, and was inducted at the 2013 Grey Cup win.

James also said Daele was very interested in history, specifically the history of mental health and her family history.

"She was quite the family person... the whole shucks talk about her family," said James.

McGowan finally recalled her aunt's last laugh.

"From a professional point of view she had a tremendous impact. From a personal point of view, I will always remember her great friendship, her smile, and very engaging, kind nature," said James.

"She's going to be truly missed," said McGowan. "It's hard to imagine how many lives she touched."



Ruth Daele learned nursing at Joseph's and continued her life. SAMANTHA WISSE

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ON THE SCENE

#CHINESE NEW YEAR CELEBRATION



ON THE SCENE

#CHINESE NEW YEAR CELEBRATION



An early Chinese New Year celebration supported a good cause on Saturday Jan. 25. The Chinese Freemasons played host at the Casino Regency Show Lounge, treating guests to a buffet dinner, non-stop entertainment and video greetings from dignitaries. Jan. Stephen Hager and Jayon Kerney. Silent auction items included cultural artwork and an autographed portrait of Olympian Pei-ck Chen. The event, fundraised for the General Hospital's pediatric asthma clinic.

- 1. Jonathan and Mia Hu
- 2. Joel Kautzweiser and Shelia Yan
- 3. Jonathan Ong and Tha Ch.
- 4. Murray Whitehead and Judy Davis
- 5. Leo Daniels, Nelson Ong, Chivante Takler, Mark Docherty and Sherry Ben
- 6. Richard Wong and Sandra Sans
- 7. Rhonda Hill and Rainer Marcon
- 8. Jessie and Dory Nwab
- 9. Wendy Kong and Michael Gowerder
- 10. Violet Deng and Terry Hoedle
- 11. Wini and Tony George

QC PHOTOS BY MICHAEL BELL



OUTSIDE THE LINES



Colouring contest

Each-week artist for phone McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to regina.leaserpost@leaserpost.com by Monday at 9 a.m. One winner will be chosen each week.

Please send high resolution pictures and include the child's name and contact information.



Last week's QC colouring contest winner was **Isabella Brown**. Congratulations! Thanks to all for your colourful submissions. Try again this week!

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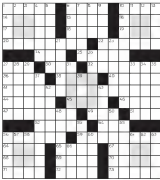
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#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

1. Handful and parts of paper ballots
 4. It is difficult to see through
 10. Write as a postscript, say
 14. Misorder ... Causes that rule
 15. It is a cast of Europe
 16. Qu to an achievement
 17. Care of "Tina"
 18. Scramble
 20. Preface with present
 24. Disagree and disagree
 25. Multitask
 26. Common desk object
 28. Two types
 29. Learn ...
 30. Locate for an idea
 32. Core
 34. ... and a behind-the-scenes of "duty"
 35. Cliche
 38. Denies
 40. ... the
 42. One out of fifteen "The 12 Days of Christmas" is supported by the 12 called sequence
 44. Not
 45. Denies and others, once, after



46. Nuts and fruit, in part for squares
 47. Inexpensive region of the Caucasus
 48. Shortest film
 50. ... (noun, direct of ancient Rome)
 54. The best apple for fresh
 55. Second highest peak in the Caucasus
 56. Sport not played officially in the Olympics since 1900
 64. Site visited
 65. Revolution
 67. Flaming
 68. View
 69. Not me

10. Christmas tree decoration
 11. Gopher
 12. Memory link manufacturer
 13. Analytical tool
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PUZZLE BY MICHAEL LEVINE

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#JANIR CLASSIC SUDOKU

Level GOLD

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).



Solution to the crossword puzzle and the Sudoku can be found on Page 27.

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FOOD

FOOD TRENDS

Salad is winter's nutritional star

By Marilyn Smith

If one of your health goals this year is to eat more fruits and vegetables, start by cheering wildly in the background.

It's my mission to get Wisconsin to eat more of these amazing nutrient-dense gems from Mother Nature.

Here's the refresher crash course on why you need to eat plenty of fruits and veggies:

- They're seriously good for you. People who eat seven to 10 servings a day have a greater chance of living a healthy, happy life.

- Is it the time that can help lower cholesterol? The vitamins that help your immune system? The minerals that can help lower your blood pressure? The antioxidants which can help reduce your chances of heart disease and cancer? Which one is it? In my professional horse nutritional opinion, it's the whole lot and caboodle.

Now can we add more of these disease-fighting, disease-reducing vitamins to our diets?

Grish an apple for a snack. Add an even half cup serving of cooked vegetables to your dinner every evening. Or try eating a salad every day.

It's January and the kind of salad I'm talking about contains winter vegetables — cabbage, broccoli and Brussels sprouts. All great — as an addition to a salad or as the salad themselves.

Brussels Sprouts and Broccoli Coleslaw

Makes 6 cups

A wonderful way to eat broccoli and its health warrior buddy Brussels sprouts:

- > 1 lb broccoli (into large handful)
- > 1 cup Brussels sprouts
- > 1 medium red onion
- > 1 large red pepper
- > 2 large carrots, shredded well, use

peeled

Dressing

- > ½ cup apple cider vinegar
- > 2 tbsp extra virgin oil
- > 1 tsp creamy Dijon mustard
- > 1 tsp honey

1. To make your life easier, make this with a food processor. Using the thinnest slicing attachment, slice the broccoli, Brussels sprouts, red onion and peppers. If you don't own a food processor, either thinly slice or grate the veggies. Place the sliced veggies into a large bowl.

2. Change to the large grater attachment and grate carrots. Add to the other veggies. Whisk together the dressing ingredients in a small jar or shaker. Toss, massage and pour over the veggies and toss well. (Rearrange all of the slices on a large platter and dress separately.)

3. Store covered in the fridge for up to 4 days.

Master Coleslaw

Makes approx. 4 cups

At my house we eat coleslaw all winter long. Depending on what I have in the fridge, the coleslaw is a little different each time. Here is one master recipe that can be changed into different coleslaws. Begin with the basic recipe and then add the herbs and whiskies.

> ½ medium sized red or green chili
baga thinly sliced to make 4 cups

> ½ medium red onion, thinly sliced

Dressing

- > ½ cup apple cider vinegar
- > 2 tsp canola oil
- > 1 tsp liquid honey

1. In a large bowl, whisk together the vinegar and honey, then add oil.
2. Add the cabbage and onion and toss.
3. Serve as is or add ingredients below.



This Brussels Sprouts and Broccoli Coleslaw is wonderful and healthy way to enjoy a winter salad. PHOTO: MIA ALVES

Blueberry Coleslaw

Makes approx. 5 cups

Add 3 ½ cups slightly frozen fresh blueberries. Toss and serve. The salad turns blue by the next day.

Apple Coleslaw

Makes approx. 4 cups

Add 2 apples of your choice scrubbed well, cut into quarters, core and sliced thinly plus ½ cup (80 mL) dried cranberries. Toss and serve.

Citrus Coleslaw

Makes approx. 4 cups

Cut off peel and coarsely chop two oranges. Add to bowl with ½ cup dried cranberries. Toss and serve.

Photo: Mia Alves

EVENTS

MUSIC

Wednesday, Jan. 20

Wednesday Night Pop: Eric Woodell and Jeff Stacey
Bathurst
2008 Sweeney Ave.

Jan-Night
McHaffy's, 2326 Sweeney Ave.

Thursday, Jan. 21

Quinton Blake
Artful Dodger, 1631 8th Ave.

High Bridge Band
The Pump, 841 Victoria Ave. E.

Friday, Jan. 31

Whelan
McHaffy's, 2326 Sweeney Ave.

High Bridge Band
The Pump, 841 Victoria Ave. E.

The Apollo, The Pissols, Bermuda Loss, White Women
The Exchange, 2431 10th Ave.

The Stillhouse Poets, Bander Twine and the Sellers
Artful Dodger, 1631 8th Ave.

Hopkins, GUDZ, Day Quarts
O'Hanlon's, 1547 Scotch St.

Saturday, Feb. 1

Mid-Winter Cellists
The Exchange, 2431 10th Ave.

Scottie Orsini
McHaffy's, 2326 Sweeney Ave.

Monday, Feb. 3

Monday Night Jazz & Blues
The Jeff Henthel Band
Bathurst
2008 Sweeney Ave.

Weekly Open Circle
Instruments provided
7:30-9 p.m.
The Living Spirit Centre
3018 Dean Dr.

Tuesday, Feb. 4

Andy Birtell, Ona Papagotis, Tina O'Hanlon's, 1547 Scotch St.

ART

In a Journey: Believing Convergences
A three-room installation featuring sculptures examining creation and consumption
Jan. 30 to April 3
Artists Talk: Jan. 31, 6 p.m., BPL
First Theatre, Opening Reception: Jan. 30, 7 p.m., Duran Gallery, BPL Central Library, 2311 12th Ave.

Anneke Atkins: We live on the edge of disaster and imagine we are musical
Saskatoon artist
Video installation highlighting the work of Saskatoon filmmaker Anneke Atkins
Feb. 1-June 16
Opening the caption: Jan. 31, 7:30 p.m., Artful Dodger, 1631 8th Ave.
McHaffy's Art Gallery, 3475 Albert St.

Mae & Beth
Margaret and Beth Hone
Bellevue
Until Feb. 15
State Gallery, 2018 Halifax St.

Artists Addition
Focusing on an overlooked element of the limited edition print: the artist's name
Until Feb. 20
Until Feb. 20
McHaffy's Art Gallery, 3475 Albert St.

Big Day
Considering day on scale beyond the usual

Until Feb. 23
MacKenzie Art Gallery, 3475 Albert St.

Laurie Durr and Katie Kozak: Bob's House
Until March 6
Dunlop Art Gallery - Richmond Village
6128 Richmond Blvd.

Beyond Fibbing: The Mount and Police in Art
Until March 31
RCMP Heritage Centre, 2007 Sweeney Ave.

Deville Cohen Polson
Black-and-white Xerox images create dream, fringe, and clearly the artist's stage settings for an 18-minute video
Until April 3
Central Library, 2311 12th Ave.

Site in Reshuffle: Soliloquy
A dual projected video installation by world-renowned theatre-dance artist Anneke Atkins
Until April 27
MacKenzie Art Gallery, 3475 Albert St.

Beliefs: Soliloquy: The digital dance
Photographic installation explores the relationship between personal belief and organized religion. Programmed in response to Soliloquy by Anneke Atkins
Until April 27
MacKenzie Art Gallery, 3475 Albert St.

Canadiana
What does it mean to be Canadian? A celebration and examination of our country's landscape through film and images of images of the Canadian landscape by Canadian artists including Augustas Henderson, Dorothy Knowles and Ernest LaBat
Jan. 25-June 14
Opening Celebration: Jan. 31, 7:30 p.m., MacKenzie Art Gallery, 3475 Albert St.

The Artists of Scott McNeilson: Fine Art
New exhibitions quarterly
Until July 31, 2010
Regina Centre for the Arts, 1621 Albert St.

Amberline Gallery
3484 Smith St.
Open Tuesday to Friday 10 a.m.-5:30 p.m., Saturday 10 a.m.-5 p.m.

Newsroom Gallery
2446 Albert St.
Open Tuesday to Saturday, 10 a.m.-5 p.m.

DeKlined: 6th and Fine Arts
Oil and ink paintings by Chinese artists Linghai Jiang and Huayin Tian
2302 Smith St.
Open Monday to Wednesday, 10 a.m.-5 p.m.

COMEDY

Comedy Comedy
Every Sunday
Saskatoon, 2338 Sweeney Ave.

THEATRE/DANCE

West Side Story
Jan. 29 and 30, 7:30 p.m.
Conexus Arts Centre, 220 Lakeshore Dr.

How to Give Feedback
Workshop for poets and performers
Every Thursday, 7-9 p.m.
Creative City Centre, 1843 Hamilton St.

Gooden: Reg: DeMilly Ever After
Shumilov's Sandbox Series
Jan. 30-Feb. 8
Globe Theatre, 1811 Scotch St.

The Rockyridge Bus Deep in Adventure
Feb. 4, 8:30 p.m.
Conexus Arts Centre, 220 Lakeshore Dr.

Becky's New Car
Until Feb. 9

What you need to know to plan your week.
Send events to QC@leaderpost.com

Globe Theatre
1801 Scotch St.

SPECIAL EVENTS

The View From Home Farm Women
A presentation by Amber premier
Jan. 30, noon-4 p.m.
U of R Lifelong Learning Centre, 2155 College Ave.

Open Minds: Debating Public Issues
Yarning for Life: The Hazards and Benefits of Long-Distance Parenting and Other Extreme Personality
Jan. 30, 7 p.m.
The Artisan, 2527 10th Ave.

Regina Pats vs. Saskatoon
Jan. 31, 7 p.m.
Beverly Centre, Beaver Place

Patty-Alic & the Great Expo
Jan. 31 and Feb. 1, 7 p.m.
Conexus Arts Centre, 220 Lakeshore Dr.

Book Reading
July Bird reads from Dominick's House Kinesis
Feb. 1, 6 p.m.
Chaplin's, 2025 Gordon Rd.

Kleider Penning
Traditionally a masked parade or dance. Games, dancing, balloon art, food and more
Feb. 1, 3-9 p.m.
German Club, 1727 St. John St.

Regina Pats vs. Moose Jaw
Feb. 1, 7 p.m.
Beverly Centre, Beaver Place

Shopping Party
In aid of the Regina Transition Home, hosted by Cleopatra Couture
Feb. 2, 4 p.m.
Library Room, Hotel Saskatchewan, 2125 Victoria Ave.

Regina Pats vs. Medicine Hat
Feb. 4, 7 p.m.
Beverly Centre, Beaver Place

NEW MOVIES

That awkward Moment
Comedy
Best Friends (Jason (Zoe Lister-Jones), Jason (Miles Teller) and Milly (Nichelle '6 Jordan'))
When Lilly's girl comes up with him they head to a bar in hopes of getting lucky. Seen after they realize that their lives and attitudes are changing.

Labor Day
Drama
Henry (Joshua Hartnett), 13, struggles to be the man of the house and care for his reclusive mother Adele (Kate Winslet) while dealing with the perils of adolescence. On a back-to-school shopping trip, Henry and his mother encounter Frank (Cherry (Josh Hartnett)) who convinces them to take him into their home. They later find out Frank was escaped convict.

Galaxy Cinema
425 McCarty Blvd. E.
306-522-9696

Cineplex Odeon
Southland Mall Cinema
3025 Gordon Rd., 306-585-3883

Regina Public Library
2311 12th Ave., 306-777-0104

Kramer's
2903 Powerhouse Dr.
306-522-4629

Rockwell Cinema
Golden Mile Shopping Centre
3805 Albert St., 306-359-8200

Event listings are a free, community service offered by QC. Listings will be posted if space permits.

#ASK ELLIE

Brother abandons sister in her time of need

Q. During a recent ice storm, my family got stuck. My husband, our three kids aged six, seven, and nine, and my mother-in-law's lost power for six days.

When my husband and I decided on the second day that our fireplace wasn't enough to keep us warm, let alone last Christmas dinner (which including brother and his wife) we asked my brother and sister-in-law to take us in until power was restored.

I said word being food, blankets and car mattresses. He declined, saying that having lost our parents this year, he and his wife wanted a "quiet" family Christmas.

Generally, our closest friend welcomed us, and we turned an emergency into an adventure.

My brother did text on Christmas Day wishing us a happy Christmas and asking if we had power. I responded, "not yet," but he didn't enquire where we were or if we were safe.

I'm heart that he turned us away. We aren't close, but we make efforts to get together several times a year, and enjoy it.

My husband strongly feels that if

Ask Ellie



my brother experiences an emergency situation, we should not find out about him by the way he should be shown us.

I'm too angry and would prefer to end contact with him for now.

How do I move past this? I don't want to feel rejected any longer.

JOEL HARTING

A. If he hadn't missed grief as his reason, there'd appear to be too little sibling relationship worth mending.

But people grieve in unique ways. You two aren't close and he—very ungenerously—apparently felt that the first Christmas after this loss, would be too difficult to share with so many others.

You're rightfully hurt. Repeatedly

since you'd invited them for Christmas dinner.

Fortunately, the response of friends and your husband's attitude are admirable, especially as a model for your children.

Rise above disappointment in your brother, accepting that you'll likely never be emotionally close.

But ending contact will just prolong negative feelings in you, which are unhealthy. The incident is over.

Q. Three months ago, I met a boy from Philadelphia, in New York. We were there two nights for a competition and I fell in love with him that quickly.

Things got pretty serious over that last day. He's absolutely perfect in every way. But he loves far away from me and I don't see him again until next year's competition.

I'm too young to travel by myself. I miss him so much and think about him every day.

I found out he had dated a girl friend and had betrayed, but it doesn't change my feelings for him. I just feel more hopeless.

There's no one here to distract me or help me get over him. How can I make it through nine more months of missing him?

What To Do?

A. Being "too young to travel alone" reveals a lot. This guy is your first wild crush, first out-of-town flake romance, first guy who fed you a line (since he had) has a girlfriend. And you thought it totally.

Treat me over the next nine months you'll feel more annoyed about what happened than different views from friends, most other guys I'm letting you. I'll be less howled over when you see him again.

Recognize that since he had a girlfriend, getting "pretty serious that last day" was him taking advantage of you. He sounds less wonderful at night.

Instead of needing someone to help you get over him, distract yourself—work, school, sports, music, and friends.

The next time you see him, you'll be ensuring and less excited about someone who played you.

Q. My husband's using social media to contact someone to whom he's very attracted. Years ago, he broke up with me briefly because of her, but did eventually marry me.

We've since been together for 38 years (quite happily), but I'm both sad that he still seems infatuated with her and anxious on this contact.

If it hurts and bothers me so much, shouldn't he refrain from it? It's been our sole subject for many years.

Worried Debra

A. Somehow, you've either let him happen with him, despite this non fact. Somehow, he's engaged in the marriage, though he's kept up contact.

So that has been a trusting point, perhaps his (de)lusion way of getting back at you over other disagreements.

Yes, he should stop. It's unkind to you, over time. But unless you're aware of a deeper power struggle, I suggest you change your reaction to a calm "who cares."

With no controversy he might decide, why bother?



Next week in QC

We go behind the scenes with athletes and a few key players on Team Canada in the leadup to the Sochi 2014 Olympics

WINE WORLD

CHATEAU LE PRIEUR

This is exactly why you should drink French wine

By James Romanow

Last summer in Bordeaux, I was waiting for a train. It was about 1980 or so in the morning. I looked around as I sat down at an outdoor cafe and realized that the travellers (as opposed to commuters) and people obviously at work waiting for the train were regular French folk — men and women of all ages, grandparents to university students. Most of them were having a glass of wine with their espresso. Not wanting to offend local custom I flagged the waiter and ordered a glass of white and a glass of espresso.

I was served a lovely wine from Entre-Deux-Mers. This is a region between the Dordogne and the Garonne, where fairly inexpensive white wine. This was the place that worked out cool fermentation of white wine, and then perched the process. Blends of Sauvignon (AKA Sauvignon, not to be confused with Sauvignon Blanc), Semillon and Muscadelle dominate.

As you can imagine I was quite pleased when a server popped up on the shelf here Chateau Le Prieur. It is like all Entre-Deux-Mers — perfect for all three uses: sipping, snacking and salads. The bouquet is aromatic with one of the sweetest scents of red varieties you can find in pretty much anywhere. It is useful at spring flowers, a lot of green fruit and a touch of lemon peel. The palate is balanced, on the lighter side



but silky enough for most people. It is truly with a sort refreshing set of flavours and a very mildly tangy finish with a hint of oak. This is actually why you should drink French wine: ignore the high end stuff until you are rich. Wines of no particular distinction are uniquely satisfying.

Chateau Le Prieur, France: \$14.95 ***

More great wines in Monday's paper or on Twitter @jromanow

Crossword/Sudoku answers

CHAOS	WERN	ADDS
HULOT	ASIA	FEAT
IRENE	NOMO	OMNI
STEELER	UPROAR	
ELL	PERKOE	
OHL	ALP	MISSTEP
FEAR	OWND	SAUDE
FIVE	GOLDEN	RINGS
TRACE	SONS	DIET
OSSETIA	GYPS	SINO
RAICHA	RYGO	
SMART	ACACROSSE	
NOR	RUIN	TRATE
OHNO	ESLO	ANGEL
BOON	SONY	GYSTS

5	2	9	4	6	1	3	8	7
6	7	4	5	8	3	1	9	2
8	1	3	7	2	9	4	5	6
7	5	6	8	1	4	9	2	3
9	3	1	6	5	2	7	4	8
2	4	8	9	3	7	5	6	1
1	9	7	2	4	6	8	3	5
3	6	5	1	9	8	2	7	4
4	8	2	3	7	5	6	1	9

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Monday-Thursday 11:00 a.m. - 10:00 p.m.

Friday & Saturday 11:00 a.m. - 12:00 a.m.

Sunday 10:00 a.m. - 10:00 p.m.

All Prices and Menu Subjects to change without notice.

If your favourite dish is not listed on our menu we will build your order.

Delivery charge is \$10.

Minimum of \$10.00 on delivery ordered.

APPETIZERS AND SOUP

1 Egg Roll - 4.95	10 Spicy Beef - 4.95
2 Egg Roll - 9.95	11 Spicy Beef - 4.95
3 Spicy Beef - 4.95	12 Spicy Beef - 4.95
4 Spicy Beef - 4.95	13 Spicy Beef - 4.95
5 Spicy Beef - 4.95	14 Spicy Beef - 4.95
6 Spicy Beef - 4.95	15 Spicy Beef - 4.95
7 Spicy Beef - 4.95	16 Spicy Beef - 4.95
8 Spicy Beef - 4.95	17 Spicy Beef - 4.95
9 Spicy Beef - 4.95	18 Spicy Beef - 4.95

RICE

12 Plain Fried Rice - 4.95	20 Spicy Beef - 4.95
13 Chicken Fried Rice - 4.95	21 Spicy Beef - 4.95
14 Plain Fried Rice - 4.95	22 Spicy Beef - 4.95
15 Chicken Fried Rice - 4.95	23 Spicy Beef - 4.95
16 Plain Fried Rice - 4.95	24 Spicy Beef - 4.95
17 Chicken Fried Rice - 4.95	25 Spicy Beef - 4.95
18 Plain Fried Rice - 4.95	26 Spicy Beef - 4.95
19 Chicken Fried Rice - 4.95	27 Spicy Beef - 4.95

CHOP SUEY

12 Vegetable Chop Suey - 4.95	20 Spicy Beef - 4.95
13 Chicken Chop Suey - 4.95	21 Spicy Beef - 4.95
14 Beef Chop Suey - 4.95	22 Spicy Beef - 4.95
15 Pork Chop Suey - 4.95	23 Spicy Beef - 4.95
16 Chicken Chop Suey - 4.95	24 Spicy Beef - 4.95
17 Beef Chop Suey - 4.95	25 Spicy Beef - 4.95
18 Pork Chop Suey - 4.95	26 Spicy Beef - 4.95
19 Chicken Chop Suey - 4.95	27 Spicy Beef - 4.95

CHOW MEIN

12 Vegetable Chow Mein - 4.95	20 Spicy Beef - 4.95
13 Chicken Chow Mein - 4.95	21 Spicy Beef - 4.95
14 Beef Chow Mein - 4.95	22 Spicy Beef - 4.95
15 Pork Chow Mein - 4.95	23 Spicy Beef - 4.95
16 Chicken Chow Mein - 4.95	24 Spicy Beef - 4.95
17 Beef Chow Mein - 4.95	25 Spicy Beef - 4.95
18 Pork Chow Mein - 4.95	26 Spicy Beef - 4.95
19 Chicken Chow Mein - 4.95	27 Spicy Beef - 4.95

MIXED VEGETABLE

12 Mixed Vegetable - 4.95	20 Spicy Beef - 4.95
13 Chicken Mixed Vegetable - 4.95	21 Spicy Beef - 4.95
14 Beef Mixed Vegetable - 4.95	22 Spicy Beef - 4.95
15 Pork Mixed Vegetable - 4.95	23 Spicy Beef - 4.95
16 Chicken Mixed Vegetable - 4.95	24 Spicy Beef - 4.95
17 Beef Mixed Vegetable - 4.95	25 Spicy Beef - 4.95
18 Pork Mixed Vegetable - 4.95	26 Spicy Beef - 4.95
19 Chicken Mixed Vegetable - 4.95	27 Spicy Beef - 4.95

SPARE RIBS AND FORK

12 Spare Ribs and Fork - 4.95	20 Spicy Beef - 4.95
13 Chicken Spare Ribs and Fork - 4.95	21 Spicy Beef - 4.95
14 Beef Spare Ribs and Fork - 4.95	22 Spicy Beef - 4.95
15 Pork Spare Ribs and Fork - 4.95	23 Spicy Beef - 4.95
16 Chicken Spare Ribs and Fork - 4.95	24 Spicy Beef - 4.95
17 Beef Spare Ribs and Fork - 4.95	25 Spicy Beef - 4.95
18 Pork Spare Ribs and Fork - 4.95	26 Spicy Beef - 4.95
19 Chicken Spare Ribs and Fork - 4.95	27 Spicy Beef - 4.95

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of \$20 or more!
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105

Dinner For One

A Egg Roll, Chicken Fried Rice, Sweet & Sour Sauce Ribs - \$7.80
B Egg Roll, Chicken Fried Rice, Sweet & Sour Sauce Ribs - \$7.80
C Egg Roll, Chicken Fried Rice, Sweet & Sour Sauce Ribs - \$7.80

106

Dinner For Two

2 Egg Roll, Sweet & Sour Sauce Ribs, Chicken Chop Suey, Chicken Chop Suey & Mixed Rice - \$13.80
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107

Dinner For Three

3 Egg Roll, Sweet & Sour Sauce Ribs, Chicken Chop Suey, Chicken Chop Suey & Mixed Rice, Chicken Chop Suey & Mixed Rice - \$20.80
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108

Dinner For Four

4 Egg Roll, Sweet & Sour Sauce Ribs, Chicken Chop Suey, Chicken Chop Suey & Mixed Rice, Chicken Chop Suey & Mixed Rice, Chicken Chop Suey & Mixed Rice - \$27.80
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109

Dinner For Five

5 Egg Roll, Sweet & Sour Sauce Ribs, Chicken Chop Suey, Chicken Chop Suey & Mixed Rice, Chicken Chop Suey & Mixed Rice, Chicken Chop Suey & Mixed Rice, Chicken Chop Suey & Mixed Rice - \$34.80
--

110

Dinner For Six

6 Egg Roll, Sweet & Sour Sauce Ribs, Chicken Chop Suey, Chicken Chop Suey & Mixed Rice, Chicken Chop Suey & Mixed Rice, Chicken Chop Suey & Mixed Rice, Chicken Chop Suey & Mixed Rice, Chicken Chop Suey & Mixed Rice - \$41.80
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111

Dinner For Eight

8 Egg Roll, Sweet & Sour Sauce Ribs, Chicken Chop Suey, Chicken Chop Suey & Mixed Rice, Chicken Chop Suey & Mixed Rice, Chicken Chop Suey & Mixed Rice, Chicken Chop Suey & Mixed Rice, Chicken Chop Suey & Mixed Rice, Chicken Chop Suey & Mixed Rice - \$55.80
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GST Extra On All Food Orders

*Phone and delivery \$5.00 per setting

CHICKEN

12 Spicy Beef - 4.95	20 Spicy Beef - 4.95
13 Chicken - 4.95	21 Spicy Beef - 4.95
14 Beef - 4.95	22 Spicy Beef - 4.95
15 Pork - 4.95	23 Spicy Beef - 4.95
16 Chicken - 4.95	24 Spicy Beef - 4.95
17 Beef - 4.95	25 Spicy Beef - 4.95
18 Pork - 4.95	26 Spicy Beef - 4.95
19 Chicken - 4.95	27 Spicy Beef - 4.95

EGG POO YOUNG

41 Plain Egg Poo Young - 1.25	49 Spicy Beef - 4.95
42 Chicken Egg Poo Young - 1.25	50 Spicy Beef - 4.95
43 Beef Egg Poo Young - 1.25	51 Spicy Beef - 4.95
44 Pork Egg Poo Young - 1.25	52 Spicy Beef - 4.95

BEF

12 Beef with Mixed Rice - 4.95	20 Spicy Beef - 4.95
13 Beef with Mixed Rice - 4.95	21 Spicy Beef - 4.95
14 Beef with Mixed Rice - 4.95	22 Spicy Beef - 4.95
15 Beef with Mixed Rice - 4.95	23 Spicy Beef - 4.95
16 Beef with Mixed Rice - 4.95	24 Spicy Beef - 4.95
17 Beef with Mixed Rice - 4.95	25 Spicy Beef - 4.95
18 Beef with Mixed Rice - 4.95	26 Spicy Beef - 4.95
19 Beef with Mixed Rice - 4.95	27 Spicy Beef - 4.95

SEAFOOD

12 Beef with Mixed Rice - 4.95	20 Spicy Beef - 4.95
13 Beef with Mixed Rice - 4.95	21 Spicy Beef - 4.95
14 Beef with Mixed Rice - 4.95	22 Spicy Beef - 4.95
15 Beef with Mixed Rice - 4.95	23 Spicy Beef - 4.95
16 Beef with Mixed Rice - 4.95	24 Spicy Beef - 4.95
17 Beef with Mixed Rice - 4.95	25 Spicy Beef - 4.95
18 Beef with Mixed Rice - 4.95	26 Spicy Beef - 4.95
19 Beef with Mixed Rice - 4.95	27 Spicy Beef - 4.95

LEE'S CHOP SPECIAL

12 Spicy Beef - 4.95	20 Spicy Beef - 4.95
13 Chicken - 4.95	21 Spicy Beef - 4.95
14 Beef - 4.95	22 Spicy Beef - 4.95
15 Pork - 4.95	23 Spicy Beef - 4.95
16 Chicken - 4.95	24 Spicy Beef - 4.95
17 Beef - 4.95	25 Spicy Beef - 4.95
18 Pork - 4.95	26 Spicy Beef - 4.95
19 Chicken - 4.95	27 Spicy Beef - 4.95

NOCHEN DRESS HERE & RUBY

12 Spicy Beef - 4.95	20 Spicy Beef - 4.95
13 Chicken - 4.95	21 Spicy Beef - 4.95
14 Beef - 4.95	22 Spicy Beef - 4.95
15 Pork - 4.95	23 Spicy Beef - 4.95
16 Chicken - 4.95	24 Spicy Beef - 4.95
17 Beef - 4.95	25 Spicy Beef - 4.95
18 Pork - 4.95	26 Spicy Beef - 4.95
19 Chicken - 4.95	27 Spicy Beef - 4.95

SIDE ORDERS

12 Spicy Beef - 4.95	20 Spicy Beef - 4.95
13 Chicken - 4.95	21 Spicy Beef - 4.95
14 Beef - 4.95	22 Spicy Beef - 4.95
15 Pork - 4.95	23 Spicy Beef - 4.95
16 Chicken - 4.95	24 Spicy Beef - 4.95
17 Beef - 4.95	25 Spicy Beef - 4.95
18 Pork - 4.95	26 Spicy Beef - 4.95
19 Chicken - 4.95	27 Spicy Beef - 4.95

LUNCH BUFFET

Wonton Soup, Steamed Rice, Chicken Wings, Egg Roll, Chicken Bites, Deep Fried Shrimp, Fish & Chips, Fried Rice, Sweet & Sour Sauce Ribs, S&S Sauce, Mixed Vegetable, Chicken Chop Suey, Shrimp Noodle & Ginger Beef + Salad & Dessert
 11:00 a.m. to 2:00 p.m.
 Food items subject to change

EVENING BUFFET

Wonton Soup, Chicken Noodle Soup, Chicken Wings, Egg Roll, Chicken Bites, Deep Fried Shrimp, Fish & Chips, Deep Fried Rice, Sweet & Sour Sauce Ribs, S&S Sauce, Fried Rice, Mixed Vegetable, Deep Fried Chicken, Chicken Chop Suey, Shrimp Noodle & Ginger Beef, Potstickers, Pork Chops, Lardons Chicken, & Shrimp Noodle + Salad & Dessert
 4:30 p.m. to 5:30 p.m.
 Food items subject to change

SUNDAY BRUNCH

Chicken Noodle Soup, Steamed Rice, Chicken Wings, Egg Roll, Chicken Bites, Deep Fried Shrimp, Fish & Chips, Potstickers, Fried Rice, Sweet & Sour Sauce Ribs, S&S Sauce, Mixed Vegetable, Chicken Chop Suey, Shrimp Noodle & Ginger Beef + Salad & Dessert
 10:00 a.m. to 2:00 p.m.
 Food items subject to change

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